

Recipes For The New Year

Rosh Hashanah and Yom Kippur are the holidays that mark the beginning of the Jewish New Year, which occur, respectively on October 4th and October 13th this year.

Helen Nash, lecturer, teacher and author of "Kosher Cuisine," gives recipes for Chicken Soup, Kreplach and Challah to help celebrate this year of 5747.

"Kosher Cuisine" (Random House) is available in book stores or from Modern Cooking, Dept. A, 784 Park Avenue, NYC 10021. Send check or M.O. for \$17.95 (plus \$1.50 shipping. NY residents add \$1.48 sales tax.)

CHICKEN SOUP

7 cups, About 8 to 10 Servings

When I think of holidays, I immediately think of crystal-clear chicken soup served with Kreplach and garnished with snipped fresh dill. An interesting variation is to use square noodles with lima beans.

About 6 pounds chicken, quartered, or the equivalent in chicken parts: carcasses, necks, wings, legs, gizzards, or a combination

Cold water

4 ice cubes

1 carrot, peeled and cut into quarters

1 onion, peeled and cut into quarters

4 sprigs parsley

4 sprigs dill

Kosher salt

White pepper, freshly ground

I suggest you use a thin muslin towel or cloth. Rinse chicken parts and cut off any dangling fat. Place in pot with just enough cold water to reach just below top of chicken parts. Bring to a boil over high heat, add ice cubes, and lower heat at once (to stop soup from boiling rapidly). It is important to simmer chicken soup very slowly so that it will be very clear, not gray. Skim froth, add vegetables and herbs, and cook, uncovered, for about 2 hours, or until meat is soft.

Wet a cloth with cold water, wring dry, and drape over a large bowl. Remove chicken parts and strain soup through cloth. Toward the end of the straining, there will be fat left in the cloth: remove it right away. (The cloth, unlike cheesecloth, strains the stock thoroughly.) Return soup to the rinsed pot and heat gently until boiling. Correct seasoning.

NOTE: I do not recommend freezing chicken soup, unless you want to use it as stock; it loses some of its delicate flavor. The cooked chicken can be used for chicken salad or just eaten plain.

KREPLACH

Kreplach are half-moons of dough filled with a meat stuffing and usually served in a piping hot, well-flavored chicken soup.

FILLING:

1-1/4 pounds boneless fat-free chuck

2 small onions, peeled

About 1/4 cup vegetable oil

Kosher salt

Black Pepper, freshly ground

10 sprigs dill, snipped

DOUGH:

2-1/4 cups unbleached flour

1/4 teaspoon salt

1 egg, at room temperature, lightly beaten

2/3 cup lukewarm water (about 100°F)

I suggest you use: a good processor, a pastry blender, a 3-inch round cookie cutter, a cookie sheet and three damp towels.

To make the filling: Place meat in a small saucepan and cover with cold water. Bring to a boil, remove the scum, and add one of the onions. Cover saucepan and boil gently until meat is soft. Drain and let cool. (If you like, this can be done a day ahead and the stock can be

strained and used for soup.)

Chop remaining onion fine. Heat oil in a small skillet until hot and saute onion over medium-high heat until light brown.

Cut meat into small pieces. Grind fine along with sauteed onion and its oil in a food processor fitted with the steel blade; remove to a bowl. Filling should hold together; if not, you may have to add some more oil. Season with salt, pepper and dill. Let cool.

To make dough: Mix flour and salt in a metal bowl. Add egg and mix with a pastry blender, gradually sprinkling on water until you can gather dough in a rough ball. (From time to time, scrape sticky dough from blender with a knife.) Turn dough out onto a board. Knead with the heel of your hand until dough is smooth and elastic. If dough seems difficult to knead, let it rest for about 5 minutes to relax the gluten. To test if dough is fully kneaded, cut into it; if you see little holes inside, it is ready.)

To roll out the dough: Cut off a small piece (about one eighth) dough, keeping the rest covered with a damp towel. On a floured pastry board with a lightly floured rolling pin, roll dough

out firmly on both sides (it is elastic) into a very thin circle. Cut out 3-inch rounds with a cookie cutter.

Place 1 teaspoon filling in center of each round and fold over to make a half-moon. Fold edge over, then pinch to seal it tightly. (Do this carefully, or the dumplings may open while boiling.) Line a cookie sheet with a damp towel and place kreplach on it. Repeat in the same fashion with remaining dough. Save trimmings, form them into a ball, and roll out as well. Place another damp towel between layers of kreplach and cover with a third damp towel. Refrigerate until ready to boil.

To boil the kreplach: Bring a large pot of salted water to a boil. Drop in batches of kreplach, adjusting the size and number of the batches to the size of your pot. Return water to the boil and cook slowly, uncovered, till kreplach rise to the top (about 3 minutes). Remove with a slotted spoon to a bowl, cover with foil and keep warm in a food warmer or over hot water.

If you are not serving them right away, place them in a saucepan with a little stock to keep

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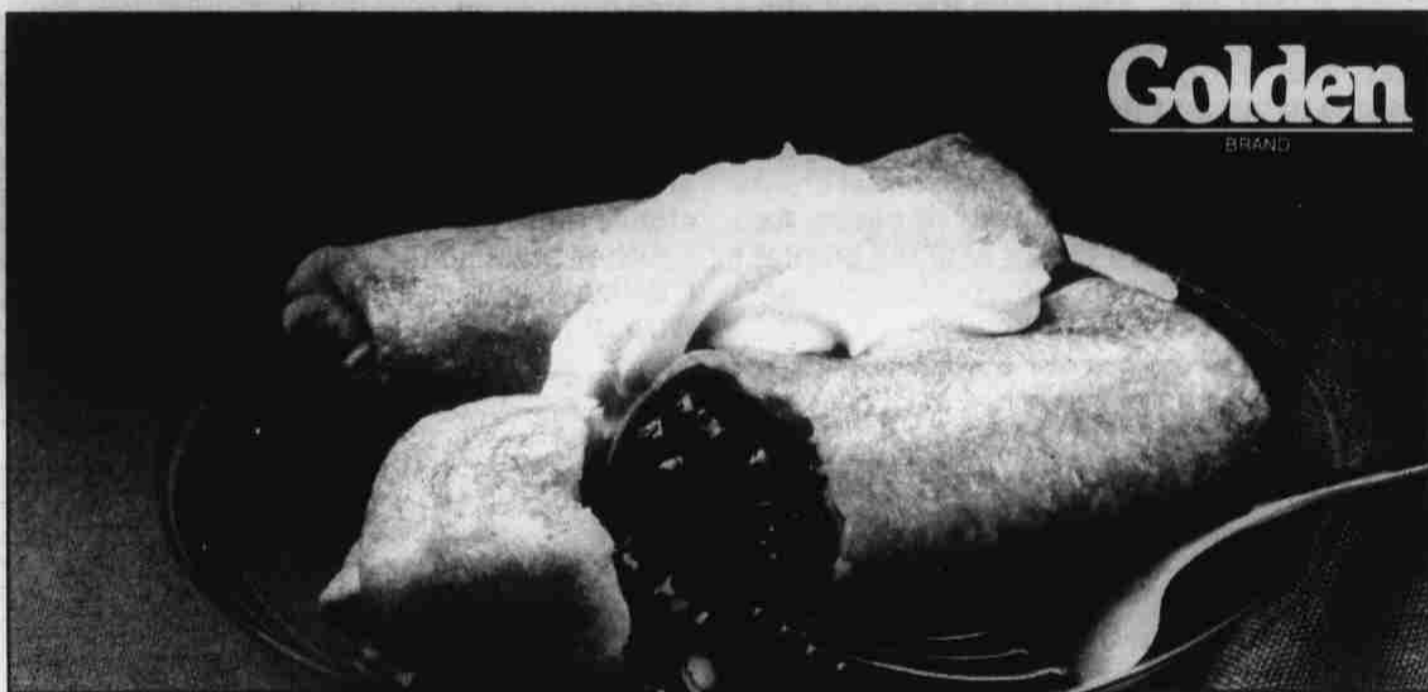
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